



Missouri Department of
MENTAL HEALTH

Disaster PREP May 2024

Disaster PREP

May 2024

(Plan, Respond, Exercise & Prepare)

From the DMH Office of Disaster Services



**NEW* Disaster Preparedness Guidebooks*

BY DEB HENDRICKS

Disaster preparedness and planning is like buying insurance – you are making an investment in something you hope you are never going to use. However, when something happens and you need it, you are so very happy you made the investment.

Our new preparedness and planning products for providers and individuals with disabilities provide you with the guidebook for

We believe preparedness for disasters is critical for everyone so, in these guidebooks, we have tried to make it as accessible as possible for everyone. The personal guidebook leads individuals through a series of questions they can answer either by themselves or with the help of someone else. They are designed to simplify concepts – e.g., “support system” is defined as “people who care for you and help you when you need help” – to be easy for anyone to understand. Answering all of the questions leads to their personal plan for emergencies and disasters.

The companion provider guide is designed for those who comprise the support system. Using

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developing solid plans for disasters and emergencies, with the least amount of time investment possible. We know it is difficult to insert even one more thing into our busy days, but the planning process can be completed in easy incremental steps, benefitting both caretakers and individuals.

the book, they work through the individual's answers and consider the actions they need to take to help the individual prepare for emergencies and disasters. The provider guide helps caretakers know what actions they may need to take to assist the individual meet their needs in a disaster.

We are excited to share these tools with the developmental disabilities community. They will soon be available on the DMH website.

If you have questions or need assistance, please contact Deb Hendricks at debra.hendricks@dmh.mo.gov or (573) 690-2599.

Exploring Behavioral Health Self-Care: Your Guide to Mental Well-being

BY TAMARA FISH

In today's fast-paced world, where the demands of daily life can often feel overwhelming, taking care of our mental well-being is paramount. Just as we prioritize our physical health through exercise and nutrition, it's equally important to nurture our mental and emotional health. This is where behavioral health self-care comes into play—a proactive approach to maintaining psychological balance and resilience.

Understanding Behavioral Health Self-Care

Behavioral health self-care encompasses a range of practices and habits aimed at promoting mental and emotional well-being. It involves recognizing the factors that contribute to stress, anxiety, and other mental health challenges, and actively engaging in strategies to manage and alleviate them.

Key Components of Behavioral Health Self-Care

- Self-awareness: The foundation of behavioral health self-care lies in self-awareness. Take the time to recognize your emotions, thoughts, and triggers. Journaling, mindfulness meditation, or simply taking moments of reflection can
- Setting boundaries: Learning to say no and establishing boundaries is crucial for protecting your mental and emotional energy. This may involve setting limits on your commitments, managing technology use, and surrounding yourself with supportive relationships.
- Stress management: Stress is inevitable, but how we respond to it makes all the difference. Explore stress-reduction techniques such as deep breathing exercises, progressive muscle relaxation, or engaging in hobbies and activities that bring you joy.
- Grounding exercises: Grounding techniques can help you stay present and connected to the here and now, reducing feelings of anxiety or overwhelm. Try practices such as:
 - 5-4-3-2-1 Technique: Engage your senses by naming five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
 - Deep Breathing: Take slow, deep breaths, focusing on the sensation of the air entering and leaving your body. This can help calm your nervous system and bring you back to the present moment.

JENN'S JOKES
- In loving memory

Summer Safety Tips
- Heather Osborne

UPCOMING TRAININGS

BHST Summit

May 23, 2024 | KC
In Person Only



[Register Here](#)

Storm Spotter Workshop

June 3, 2024
Central Office B
In Person / Online



[Register Here](#)

Stop the Bleed Training

enhance self-awareness.

- **Healthy routines:** Establishing healthy daily routines can provide structure and stability, which are essential for mental well-being. Ensure you prioritize activities such as regular sleep patterns, balanced nutrition, exercise, and relaxation techniques.

- **Grounding Objects:** Keep a small object, such as a smooth stone or a piece of fabric, with you as a physical reminder of the present moment. When you feel overwhelmed, hold the object and focus on its texture, weight, and temperature.

*Exploring Behavioral Health Self-Care: Your Guide to Mental Well-being *Continued**

BY TAMARA FISH

Benefits of Behavioral Health Self-Care

Prioritizing behavioral health self-care offers numerous benefits, including:

- Improved mood and emotional resilience
- Enhanced ability to cope with stress and adversity
- Greater self-awareness and self-compassion
- Strengthened relationships and social connections
- Increased overall sense of well-being and fulfillment

Incorporating Behavioral Health Self-Care into Your Routine

Here are some practical tips for integrating behavioral health self-care into your daily life:

- **Start small:** Begin with manageable changes and gradually incorporate additional practices over time.
- **Consistency is key:** Make self-care a regular part of your routine rather than an occasional indulgence.
- **Experiment:** Explore different self-care activities to find what resonates best with you. What works for one person may not work for another.

Be patient and kind to yourself: Remember that self-care is an ongoing journey, and it's okay to have setbacks along the way. Treat yourself with the same compassion you would offer to a friend.

In the hustle and bustle of modern life, prioritizing behavioral health self-care is more important than ever. By cultivating self-awareness, establishing healthy routines, setting boundaries, managing stress, and incorporating grounding exercises into your daily life, you can enhance your mental well-being and lead a more fulfilling life.

Remember, taking care of your mental health is not selfish—it's essential. So, carve out time for yourself, prioritize self-care, and embark on the journey toward greater mental and emotional resilience.



June 6, 2024
Central Office A/B
In Person Only



[Register Here](#)

**TRAINING
ALWAYS
AVAILABLE**

**FEMA ICS 100 & 200
and 700 & 800 for
Senior & Exec
Leadership
Management Systems
(NIMS):**

<https://tinyurl.com/NIMS-100>

<https://tinyurl.com/NIMS-200>

<https://tinyurl.com/NIMS-700>

<https://tinyurl.com/FEMA-800>

**Psychological First
Aid:**

<https://tinyurl.com/PFA-online>

Jenn's Jokes

IN LOVING MEMORY OF JENN SOVANSKI

Why did the tornado break up with the hurricane?
I had an emergency management joke...
What is Forrest Gump's password?



Because it was just a whirlwind romance.
But it's a disaster.
1Forrest1.

Summer Safety Tips

BY HEATHER OSBORNE

For many school aged kids it's almost time for SUMMER! The first official day of summer is set to occur June 20, 2024. With summer comes fun in the sun, warmer weather, barbeque and vacations, among other things. But it's also important to keep in mind summer safety!

Just a few of the summer weather hazards to be prepared for include tornadoes, extreme heat and flash flooding.

Tornadoes



A tornado watch means a tornado is possible. This is the time to be prepared. During a tornado watch make sure you know where you would go if a tornado warning would be issued (such as a storm shelter, basement, interior room on the lowest floor without windows, etc.).

A tornado warning means a tornado is occurring or is about to occur. When a tornado warning is issued you need to take action! Immediately make your way to your

Extreme Heat

Heat and humidity can take a toll on a person quickly. [Learn the signs of heat-related illnesses and ways to respond, from the CDC.](#) If possible reschedule outdoor work to take place during cooler parts of the day. Make sure you are drinking plenty of water.

- If you have to be outdoors, wear sunscreen, take frequent breaks in the shade, and continue drinking water.
- Get inside and in air conditioning, or be aware of the location of local cooling shelters. Public places such as libraries and indoor shopping malls are also good places to go to beat the heat.
- NEVER leave children or pets alone in a hot car, even if it would be for "only a minute". Heat rises quickly inside a car up to 20 degrees in just 10 minutes.
- Use your oven less to help keep your house cooler (a great excuse to order pizza).
- During the daytime keep your curtains closed to help keep out some of the heat from the sun. Open them during night time.
- Be sure to check on friends, family and elderly neighbors during heat waves.

Flash Flooding



Trauma-Informed Care:

<https://modmh.thinkific.com/>

FOR MORE INFORMATION



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WEBSITE
<http://dmh.mo.gov/disaster-services>

SOCIAL MEDIA
Facebook | Twitter

safe place.

Do not drive through flood waters.

Over half of flood related fatalities are vehicle related.

Information from:

www.ready.gov

www.weather.gov

Instagram | LinkedIn
@DMHDisaster